

WEST'S GRAMMY ANTICS EXPLAINED. PAGE 10

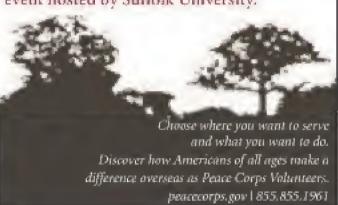
BOSTON Thursday, February 12, 2015 www.metro.us | t: MetroBOS | f: MetroB

Peace Corps & Grad School



Tuesday, February 17, 6:00 PM Suffolk University Stahl Center - 1st Floor Conference Room 73 Tremont Street in Boston

Interested in Peace Corps, graduate school, or both? Learn more about the scholarship opportunities for Returned Peace Corps. Volunteers at this special event hosted by Suffolk University.





Precautions. Hypothermia, carbon monoxide poisoning, seasonal affective disorder; it's not just the freezing temperatures that can kill you. PAGE 02

MBTA chief Beverly Scott to step down

PAGE 06

Zachary **Quinto goes** back to television

PAGE 11

Enough with ScarJo and the 'butt pose'



Fantasy: All-Star break no time to rest

The best of Metro.us

Top 3

- Kanye West clears up Grammys antics, hints at Taylor Swift team-up
- 2How about The 2Daily Show with Amy
- 3 Tinder was how I slaughtered time. Walting for the bus? Swiping. Waiting in line for an hour at Trader Joes? Swiping. On a date with a guy from Tinder? Swiping.



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

1,000 ways to die in the Boston snow



Snowpocalypse. How to dodge a winter-induced death.

Between slick-driving conditions, hypothermia, icicles and blood-thirsty snow blowers, it's clear that every single snowflake falling on Boston the past few weeks wants to kill us.

And the icing on the already triple-iced sidewalks: There's likely more snow Thursday night. In the name of snow safety, Metro reached out to a few experts about the biggest winter threats, and how to protect against them.

Every day I'm shoveling

Dr. Huy Nguyen, executive director of the Boston Health Commission, warns against overexertion. To protect against heart strain, Nguyen recommends using a smaller shovel, taking frequent breaks

and staying hydrated. Or better yet, hire the neighbor's teenage kids.

Don't space out

Space heaters are a leading cause of fires in the winter, says State Fire Marshal Stephen D. Coan. Improperly disposed ashes also put homes at risk, as does the overuse of extension cords. "Space heaters need to be at least three feet away from anything that can burn or catch fire," Coan said.

Silent, but deadly

Carbon monoxide poisoning can creep up on frustrated motorists who have dislodged their vehicles from a snow bank. Ice and snow can block the tailpipe, causing the odorless, colorless gas to enter the car and poison its passengers.

Bundle up

Hypothermia and frostbite. are serious concerns for

health officials, Nguyen said. Early signs: numbness; change in skin color on extremities like the ear, nose, fingertips and toes.

"Once it hits negative 10 degrees with a wind chill, it takes 30 minutes for frostbite to set in," Nguyen said. "Once it reaches negative 20 degrees, it's in the range of 10 minutes."

Are you SAD?

Finally, there is seasonal affective disorder. The winter blues are a real thing, and they can cause you to do more than just feel down. They can instigate an all-out snow-fueled rage.

Dr. Harry Croft, a psychiatrist who's lucky enough to be based in sunny San Antonio, suggests light therapy, as well as medication, to combat the phenomenon.



Metro spots danger

Lately it feels like trekking down any Boston Street is a death trap, and on Wednesday, Congress Street in Fort Point was no different.

- Signs warned of falling ice as dagger-sharp icicles dripped and glistened above the heads of weary pedestrians. Workers used caution tape to section off the area under a child-size icide that dung to the side of the Boston Children's Museum.
- · A few blocks south, on Melcher Street, a man feverishly shoveled mounds of heavy snow from the roof of a 7-story building. At one point, a shovelful landed on the roof of a car, prompting the motorist to stop and put his hazards on.
- it also prompted several curses from passersby.
- "There is danger to that," Coan said. "Obviously we don't recommend that people climb onto roofs unless they are prepared and have the proper equipment."

tead trauma

Protect your noggin

Traumatic brain injury is an underestimated danger during the snowy season, experts say.

Falls are the leading cause of traumatic brain injury for all ages, but the elderly have the highest rates of hospitalization and death due to falls.

Nguyen recommends that all children wear helmets when sledding and ice skating to avoid a concussion in the unfortunate event of a fall or crash.

"This is the perfect time to go out and enjoy the snow," Nguyen said. "But concussions and serious brain injuries are real dangers. Thank goodness we have not seen any this year."

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Expires February 18th, 2015

Homeless study. State needs more housing, economic investment

A new study focusing on Massachusetts homelessness says the state should have a special homelessness secretary, expand the stock of affordable housing and increase investment in services that provide a path to increased incomes and economic mobility for the underserved.

The number of homeless families in Massachusetts increased by 94 percent between January 2007 and January 2014 — from 2,468 families to 4,781 families — according to the study which was published by Citizens' Housing and Planning Association. At present, there are 4,900 families with children living in shelters or motels. The study, released Wednesday, says that housing production has not kept pace with demand in Massachusetts resulting in some of the highest construction costs in the country. Danny MCDONALD

Need the money to run

MBTA exploring options to keep late night open

The cash-strapped MBTA needs money soon to keep running late-night T service, according to an internal review released Wednesday.

Options include eliminating late-night service altogether, raising fares, reducing costs through service adjustments, or sponsorships.

More than 1.1 million people have used the service, which keeps lines open until 3 a.m. on Friday and Saturday nights. METRO

Ex-FBI John Connolly's saga continues in Florida



Retrial. Former FBI agent's conviction was overturned, but prosecutors want it reinstated.

Prosecutors in Florida will be arguing Thursday for a court to reinstate disgraced FBI Agent John Connolly's second murder conviction.

Connolly, a Southie native and Boston College graduate, is alleged to have been on the payroll of longtime Boston crime boss James "Whitey" Bulger. Connolly's relationship with the Winter Hill Gang kingpin marks one of the darkest chapters in the FBI's history

Connolly was indicted in 2005 and sentenced to 40 years for his role in the ganglandstyle Miami murder of gambling executive John Callahan in 1982

But last spring, a three-judge panel of Florida's 3rd District Court of Appeal overturned Connolly's conviction. Connolly's attorney had argued that since Connolly was not present at the murder and since the murder weapon was not his the conviction should be thrown

In its decision, the court said the statute of limitations on the crime had run out. Prosecutors appealed, and the case is now before the full 3rd District Court of Appeal, meaning 10 judges will review the matter. Both sides will present oral arguments to the full panel Thursday.

"He's cautiously optimistic because the law is on his side," said Connolly's attorney, James E. McDonald, on Wednesday.



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No more rodeos for MBTA chief

Resignation. The embattled GM resigned following multiple delays and cancellations of the T.

The embattled transit chief who on Tuesday said the snowmageddon besieging Boston wasn't her "first rodeo," handed in her resignation Wednesday.

Battered by blizzards, stranded commuters, broken T trains, frozen tracks and political pressure, MBTA General Manager Beverly Scott said she'd step down April 11.

Some of the Red Line cars still in service as 6 feet of snow fell on Boston were used during the blizzard of '78. Under Scott's leadership, the MBTA shut commuter rail and subway services on two separate days. Monday's snow left 50 trains disabled across the T's system. and in three instances passengers had to be evacuated from stalled trains.

At a press conference on Tuesday, Scott lambasted the lack of investment in Boston's aging transit system.

"Quite candidly, I've been around 40 years and I have been through hurricanes, I've been through World Trade Center bombings, tornadoes com-

More delays

With snow on Red Line tracks, service on the Braintree section of the Red Line was suspended for a second day Thursday, forcing Boston-bound commuters to wait in lines for shuttle buses. headed to the JFK/UMass MBTA Station in Dorchester.

 "Tracks, third rall and switches are encased in snow and ice, making it impossible for Red Line trains to get enough power from the third rail," MBTA spokesman Joe Pesaturo said in a statement.

ing ... so this ain't this woman's first rodeo," she said.

"It is only because of the fact of the exceptional experience and knowledge of this team that they have been making a way out of no way, and they've been doing it for years without significant investment," she added.

The pressure on Scott, former CEO and GM for MARTA, the transit agency in balmy Atlanta, continued to build after newly elected Gov. Charlie Baker called out her agency on Monday, saying the state of the T was "unacceptable."

"All I can tell you is it's been very difficult to count on the representations that have been made by the T over the course of the past few weeks, and the first time that happens you can blame it on the weather, but after a while it starts to feel like something more," he said.

Morgan Rousseau contributed to this report.

@mbta_alerts

MBTA Alerts! tweeted:

- Newburyport/#Rockport-Line Train 114 (2:00 pm from Rockport) delayed about 20 minutes today due to snow
- Providence/ #Stoughton-Line Train 917 (4:00 pm from South Station) delayed today due to switch problem 15-20 minutes
- #GreenLine B branch experiencing moderate westbound delays due to a signal problem.
- Route 116 experiencing severe delays #mbta



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TOM O'KEEFE

@BostonTweet:

Tom O'Keefe is @BostonTweet and the founder of #DownloadBoston, a local movement to increase the awareness of



Boston has many diverse startups, tackling everything from curing disease to delivering your laundry to transportation and logistics. Two start-ups in the latter that are shaking things up are Bridj and Weft.

Over the past few weeks transportation in the city, especially on the MBTA, has been a nightmare. One local startup, Bridj, has capitalized on our frustrations by giving commuters comfortable rides in Wi-Fi-equipped coach buses. Based on Newbury Street, Bridj crowdsources commuter data to discover where in Boston an alternative to the MBTA is needed most. No surprise, a lot of that demand is along the Green Line.

So Bridj currently offers morning transportation from Allston and Coolidge Corner to downtown, the Seaport District, and Kendall Square. Bridj also offers service from Southie to the often difficult to get to Seaport District. For roughly \$3/ride, Bridj will get you to work on time simply by booking a trip via their super slick app.

Find out more

For an entire list of Boston-based startups visit DownloadBoston.com.

Another hot new Bostonbased start-up that's also helping to transport things (however consumer goods rather than consumers) is Weft. Currently in Cambridge, but soon moving to Downtown Crossing, Weft has the ambitious goal of tracking all the shipping containers and all the ports in the world.

Weft manufactures the hardware and the software for shipping companies to know exactly where their containers are, what kind of weather conditions they're experiencing, and when that container will arrive at its destination port.

With all this data, Weft is becoming a global logistics company that can predict markets by knowing when and where retail supply will be met throughout the world. Look for big things from Weft.



If it doesn't quack like a duckboat

A yacht named "Maggie Mae" out of Johnston, Rhode Island, became stuck at an intersection in Boston's Financial District on Wednesday afternoon, tying up traffic and prompting a slew of "three hour tour" jokes on Twitter. / IARED TOKARZ/TWITTER

Hernandez

Massachusetts trooper describes finding ex-NFL star's alleged victim

A Massachusetts State
Police trooper on
Wednesday described
footprints and tire treads
found on the ground near
the body of a man former
New England Patriots
star Aaron Hernandez is
charged with murdering in
June 2013.

Trooper Michael
Lombard described the
scene as the court was
shown videos he recorded
at the time as well as still
photos of Odin Lloyd's
body, face up with the right
arm outstretched.

Also Wednesday, a juror was excused after passing a note to the judge.

That marks the second person excused from the jury since the trial began late last month, leaving a panel of 16 people.

REUTERS



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This year, take your vision to the NEXT LEVEL by giving yourself or a loved one the Gift of Sight. Now that's a Gift that keeps on Giving. A blessed New Year from the surgeons and staff of New England Bye Center. metre

www.metro.us Thursday, February 12, 2015 NEWS

Obama asks Congress to authorize military force against ISIL

Lawmakers. Some predict a vote as soon as March, others anticipate it can take months.

President Barack Obama asked Congress on Wednesday to authorize military force against Islamic State that would bar any large-scale invasion by U.S. ground troops and limit operations to three years.

Republicans, who control Congress, put up swift resistance to the proposal. They say Obama's foreign policy is too passive and want stronger measures against the militants, also known as ISIL or ISIS.

With Obama's fellow Democrats wary of another Middle East war, it could be difficult for the White House to win

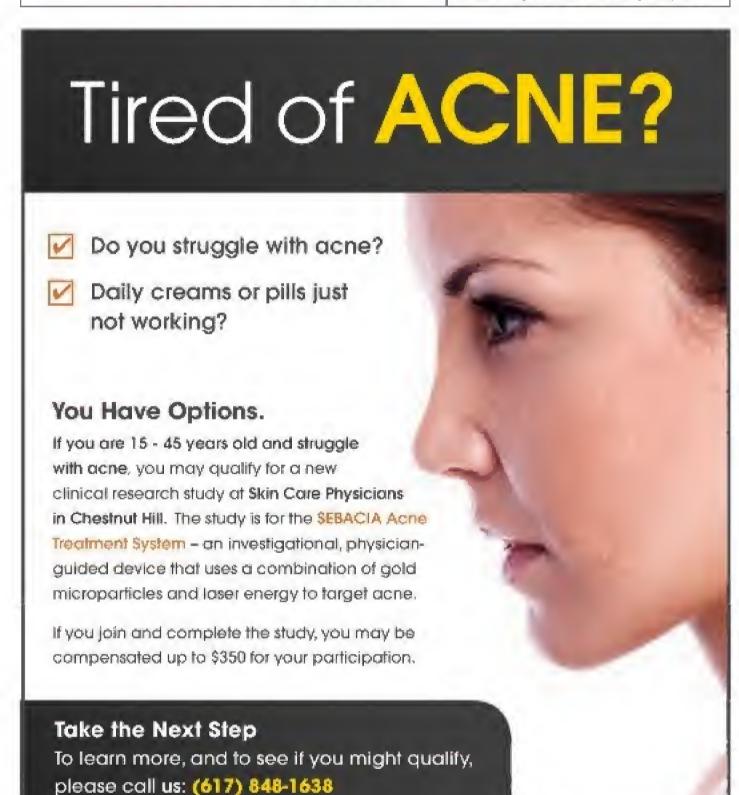


enough support to pass the bill, even though six months have passed since the military campaign began.

The proposed resolution says Islamic State "has committed despicable acts of violence and mass execution." Its militants have killed thousands of civilians while seizing territory in Iraq and Syria in an attempt to establish a hub of jihadism in the heart of the Arab world.

They have also generated international outrage by beheading several western journalists and aid workers and burning to death a Jordanian pilot.

Both the Senate and House of Representatives must approve Obama's plan. Lawmakers said they would begin hearings quickly. REUTERS





Ukraine tensions. Peace talks open, overshadowed by a surge in fighting

The leaders of France, Germany, Russia and Ukraine held peace talks in Belarus on Wednesday, while in Ukraine pro-Moscow separatists tightened the pressure on Kiev by launching some of the war's worst fighting.

Rebels who tore up a fivemonth-old truce in January are trying to encircle government forces in Debaltseve, a strategic location that would let them link up their main strongholds.

A surge in fighting in the

24 hours before the summit, including a rocket attack that killed 17 people in government-held territory on Tuesday, could be intended to force Ukraine to accept a deal recognizing the rebel advance.

The summit was being held in neighboring Belarus under a Franco-German proposal to try to halt the fighting. Chancellor Angela Merkel and President François Hollande began talks with Ukraine's Petro Poroshenko and Russia's Vladimir Putin. REUTERS



Costa Concordia captain gets 16-year prison term

Schettino. He was convicted of multiple manslaughter, causing a shipwreck and abandoning his passengers.

An Italian court sentenced the former captain of the Costa Concordia cruise liner to 16 years in prison on Wednesday for his role in the 2012 shipwreck that killed 32 people off the Tuscan holiday island of Giglio.

Francesco Schettino was commanding the vessel, a floating hotel as long as three soccer pitches, when it came too close to shore and hit rocks off the island, tearing a hole in its side.

Investigators severely criticized Schettino's hanPassengers and crew

Francesco Schettino was also accused of delaying evacuation of the Costa Concordia and abandoning ship before all the 4,229 passengers and crew had been rescued.

dling wof the disaster, accusing him of bringing the 290 meter-long vessel too close to shore line. The subsequent shipwreck set off a chaotic night evacuation of more than 4,000 passengers and crew.

Italian prosecutors had asked for a prison sentence of 26 years for Schettino, who has admitted some responsibility but denied blame for the deaths that occurred during the evacuation of the ship. REUTERS





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10.

CULTURE

Twitter feed

Today, Chris Colfer is getting ready for the end, Patton Oswalt thinks Jon Stewart is a superhero, Rose McGowan is living among animals, Taye Diggs can't help himself, and Mindy Kaling has simple goals.

@chriscolfer: Recording my last Glee song. Hope I find an excuse to sing after this.

@pattonoswalt: Wait, the only people who can possibly replace Jon Stewart are Hal Jordan or Guy Gardener SORRY NERD JOKE IT WAS F---ING SITTING THERE.

@rosemcgowan: The coyotes are screaming tonight. Hill living.

@TayeDiggs: If you're a competitive person, that stays with you. You don't stop. You always look over your shoulder.

@mindykaling: I just wanna be famous enough so my daughter can be miss golden globe

How about 'The Daily Show with Amy Poehler'?

We're going to need a new "Daily Show" host by the end of the year, and it seems like the Internet is already rallying around "Parks and Recreation" star Amy Poehler. And why not? Her show is ending, so she could use a new regular gig. She's got the perfect comic persona for the venue, and getting behind the desk in New York would be a lovely return to her "Saturday Night Live" and "Upright Citizens Brigade" roots. But that doesn't mean she's the only good option to take over for Jon Stewart. We've got some other ideas:

Samantha Bee: Why should the long-running, celebrated late-night staple look outside its own roster for a new captain? Long-time correspondent and wife of fellow "Daily" team member Jason Jones has put in the years of

work and deserves a reward. She also has the right blend of sweetness and sarcasm to handle the guests.

Jessica Williams: Speaking of "Daily Show" staffers, how about helping one of the show's fastest rising stars rise even faster? Williams has been turning in some of the show's most important work since joining the team and that could drive the future tenor of the show and help keep it relevant.

Vance DeGeneres: Or "Daily Show" producers could reach way back into the archives and bring back Vance DeGeneres (brother of Ellen), who left the show in 2001. Sure, DeGeneres is currently busy running fellow "Daily" alum Steve Carell's production company, Carousel Productions, but TV audiences could



use another sampling of his deadpan style.

Patton Oswalt: Whoever takes over for Stewart is going to need to be up to his level as far as smarts go, and who better than comedy's reigning nerd, Patton Oswalt? He's got the passion, the humor and the witty selfdeprecation down pat. And

it would be interesting to see him in a suit on a regular basis.

Kanye West: We're pretty sure at least Kanye West would agree that there is literally no one more qualified for the job — or any job than Kanye West. Well, aside from Beyonce, maybe. But of the two of them, who is more likely to take a desk job?

THE

WORD

Ned Ehrbar takes on

the world of gossip.

NED EHRBAR

Eddie Redmayne 'researching' cross-dressing role

Never accuse presumptive. Oscar front-runner Eddie Redmayne of not being committed to his work as an actor. Case in point: The "Theory of Everything" star is reportedly deep into preparations for an upcoming film, "The Danish Girl," about the first transgender woman to undergo reassignment surgery back in the '30s. And just how is he preparing? The British actor "is literally walking around in heels and wearing his wife's clothing," a source tells Radar Online, "Eddie is taking this project very, very seriously." So our question, naturally, is who is he wearing?



Barbara Walters nixes 'View' comeback

Kanye West hints at Taylor Swift team-up

Speaking of Kanye West, everyone's favorite level-headed cultural critic called into Ryan Seacrest's radio show yesterday to clear a few things up about the Grammys and to hint

at a super-powered pop team-up that

Taylor Swift "wants to get in the studio

going to do that," West teases. And he also says Sw

something of a troublemaker when it comes to him

rupting Beck's acceptance speech: "Taylor Swift car

he says. But it wasn't just Swift, either. "Right when

pened, everybody was looking at me, then people \$

chanting my name]," he explains of his Grammys st

"OK, this didn't really happen, those were voices in

me right afterwards, literally right afterward

that I should have went onstage. This is the

So, it's official. The voices made him do

With all the Rosie O'Donnellrelated tumult, it's understandable that producers at "The View" are looking for something to bolster support for the troubled talk show. Well, they're not going to find it in Barbara Walters. "They've talked about bringing Barbara back for a three-week special in the summer to boost ratings," a source tells Radar Online, "But she doesn't want to touch the show. She thinks stress." And, I mean, that's started the whole thing, so

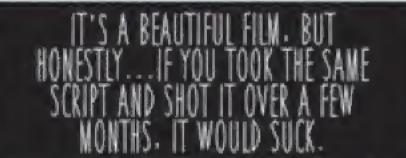


Daily video

The honest 'Boyhood' trailer

Richard Linklater's "Boyhood" might be an overwhelmingly beloved Best Picture favorite. but that doesn't mean we can't have a little fun at its expense. Screen Junkies gives the Oscar front-runner the Honest Trailer treatment, renaming it "12 Years a Boy" and pointing out.

some awkward points about the groundbreaking film, like how if it were shot like a normal movie everyone would be complaining that it had a terrible script. Who knows, maybe this one was put together by the "Birdman" team hoping to keep undermining their biggest competitor. All bets are off with only five days of Oscar voting left, after all.





Zachary Quinto loses his temper

Interview. The actor takes a break from Spock-calm in his latest series.

"The Slap" represents a new kind of programming for NBC. The drama is based on an Australian show, but it's a limitedepisode run with eight shows in its season and a serious list of prestige players on its roster. "The Kids Are All Right" director Lisa Cholodenko helmed every episode, playwright Jon Robin Baitz wrote it, and the show stars Peter Sarsgaard, Zachary Quinto and Uma Thurman. The action centers around a group of Brooklynites whose lives are shaken up when one of them (Quinto) slaps another's misbehaving child at a barbecue.

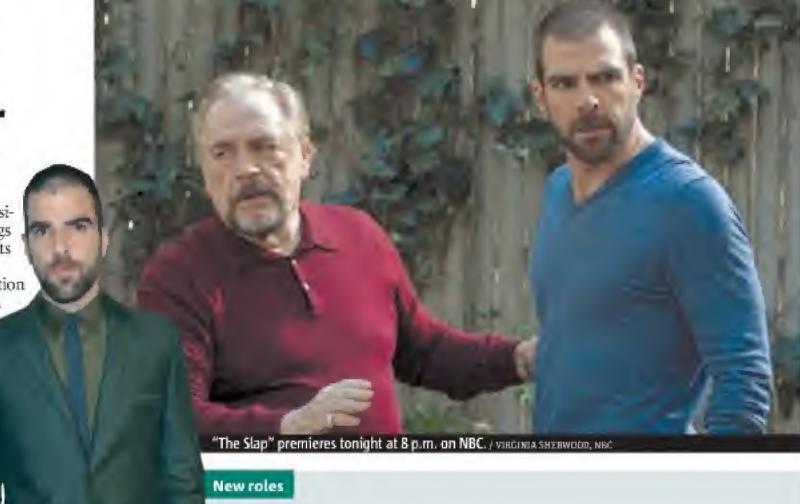
Asked what it's like playing the person at the heart of the action, Quinto says, "It's only the center of the controversy because it's the incident. There are so many other things that are happening and there are so many other levels of complexity in each of these characters. They all have their own epicenter of disaster in their lives."

The series examines ideas of parenting in America, as there's a clash between the Greek immigrant family on one side of the debate, and the longtime U.S. residents on the other. Despite the fact that these people are close enough to attend a party together, Quinto says the characters will "very clearly" divide into camps, but he hopes audiences are more tom.

"If it works, there'll be a lot of going back and forth," says Quinto. "I like to hold a mirror up to the audience and I like for them to take responsibility for their feelings and their thoughts and their beliefs."

It's a new direction for Quinto, whom many know as Spock or the villainous Sylar on "Heroes."

was thrilled to get the opportunity to do this. I've known Robbie [Baitz] for years. I'm a big admirer of his work," he says. "There's no clear-cut point of view with this story, and I like that."



Genre

"I'M DRAWN TO THINGS THAT

INVITE AN AUDIENCE IN AND

LIGHT A LITTLE BIT OF A FIRE

TO GENERATE SOME DISCOURSE,

DIALOGUE, DEBATE, AND IT

DOESN'T GIVE THE AUDIENCE

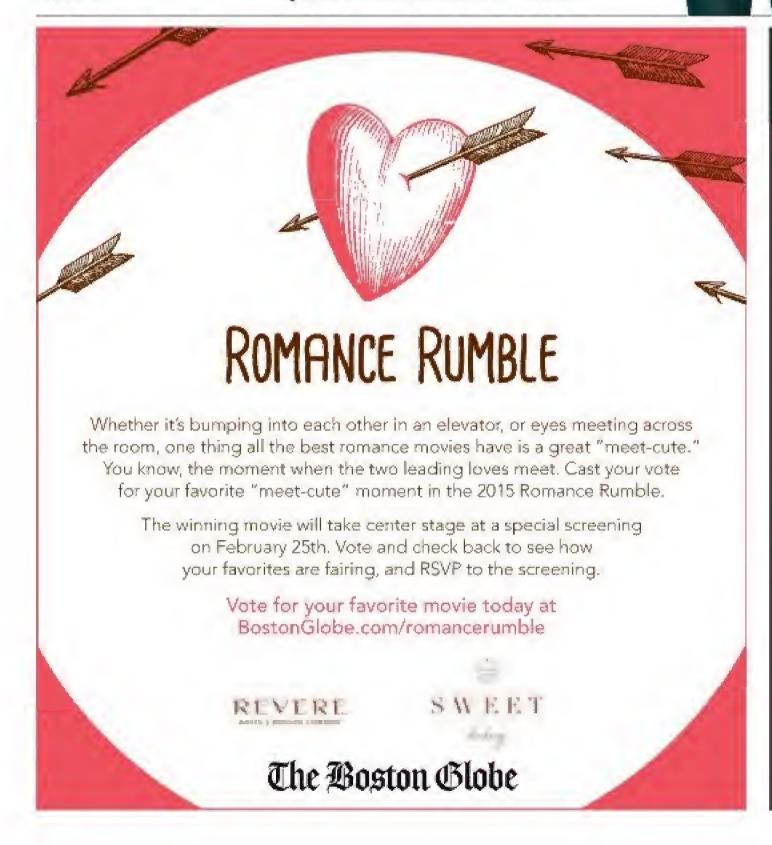
THE ANSWER," SAYS QUINTO.

Though
Quinto has
moved on
from Sylar, he's
still getting into

trouble onscreen. "[My character] Harry is arguably the villain of the series, but in a very human way, so for me it was about getting into a world that was not elevated or supernatural or science fiction. This is a very human world. Now that

I've had the opportunity to do that, I feel a sense of closure on the villainous aspect of my persona."









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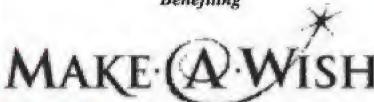
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THE PROBLEM WITHTHE 'KICK-ASS CHICK'

You may have heard the term. "strong female character" bandied about over the past few years — how we don't have enough of them or how many of them are put in "butt pose" on the posters for the movies or TV shows they're in. You know the butt pose: It's Scarlett Johansson as Black Widow with her back to us but with her head turned to gaze alluringly over her shoulder. Well, of course you can't kick ass unless you're sexy and wear form-hugging black leather. It's the law!

The problem with kick-ass chicks in movies is that no one really knows what to do with them once they finish laying waste to the bad guys. (Black Widow is an exception.) If they're too tough or kick too much ass, they have to be killed off or be brought down in some way. No guy is going to fall in love with a girl who can break him in half or outshoot him, right? Sigh.

I bring this up because if you look at your "strong female character" as a revenge catalyst, plot point or eye candy alone, you're missing the third word in that phrase. Geena Davis recently suggested that you gender swap half the characters in your script and see if they hold up. Think of an action movie and try it in your head. Interesting, right?



Quoted

"The problem with kickass chicks in films is that no one really knows what to do with them once they finish laying waste to the bad guys.

Geek Girl in Hollywood

JENNA BUSCH

JENNA BUSCH TAKES ON THE WAY POP CULTURE SNUBS ITS FEMALE FANS. VISIT METRO.US/JENNA-BUSCH FOR MORE COLUMNS, AS WELL AS HER SITE, LEGION OF LEIA (WWW.LEGIONOFLEIA.COM)

Female or she-male?

femininity as weak or less

than, Let me ask you this:

Bonus point

The other thing we have to Is Buffy a stronger character consider is what we think of than Willow in "Buffy the as "strong." When we Vampire Slayer"? Is say, "That show has a lot of strong female characters," are we saying that they all display traditionally "male" characteristics? WILLOW AND BUFFY We largely put POX the value on "male" characteristics and treat

Willow stronger than Tara? Now, I'm not saying I have a perfect solution for this. I'm just saying that, if we want to change things, we have to start asking

the questions. Enjoy the "Buffy" debate you're about to have over pizza and beer!



INSIGHT © GUIDES TRAVEL WEEKLY

WWW.INSIGHTGUIDES.COM TRAVEL WEEKLY, BOSTON, THURSDAY, FEBRUARY 12, 2015





Mush! Dogsledding in Vermont

Discover the thrill of riding with huskies through Vermont's snow-covered hills

Sip and savor at the Virginia Wine Expo

Wine, craft beers, ciders and more at this weeklong festival in Richmond







Just in time for Valentine's Day, here are five of the most romantic cruises sailing in the Caribbean this year.

here are plenty of family-friendly cruise ships plying the Caribbean, but when you're looking for something quieter and more romantic, you have to choose your ship carefully.

> Crystal Symphony



This ship does luxury the way it should be — thoughtful and attentive but also unobtrusive and warm. Before the evening magic show, dine at Silk Road, the line's Nobu-helmed Japanese restaurant and sushi bar.

One to book: Seven-day sailing from Miami to San Juan, Dec. 12; from \$2,045 per person.

On-land highlights: Lie on the gorgeous beaches in Grand Turk, and toast to your love in St. Barths.

Celebrity Cruises' Celebrity Summit

This ship feels designed for lovers. At night, live music fills the halls and couples pair off to dance; during the day, hot tubs, day beds and egg-shaped chairs designed for two beckon.

One to book: Eight-day round-trip from San Juan, April 4; from \$499 per person.

On-land highlights: Hike to a waterfall in St. Lucia and, when docked in St. Thomas, head

National Park.

SeaDream Yacht Club's SeaDream II

This 112-passenger ship feels adult and intimate. Picture a watersports marina that lets you sail and swim off the side of the ship, Balinese day beds for two on deck and an "unscheduled" latenight trip to a beach bar.

One to book: Seven-day sailing from Charlotte Amalie, St. Thomas, to San Juan, Puerto Rico, March 28; from \$3,499 per person.

On-land highlights: Snorkel around Treasure Island while docked in Jost Van Dyke and swim around the rock formations in The Baths on Virgin Gorda.

Silversea Cruises' Silver Whisper

This luxury line has a slightly more formal atmosphere than some of the others: Look for afternoon tea, cocktails and hors d'oeuvres before dinner. Be sure to book a table for a night in Le Champagne, the only Relais & Chateaux restaurant at sea.

One to book: Seven-day sailing round-trip from Barbados, Nov. 6; from \$2,650 per person.

On-land highlights: Explore
St. Vincent's beaches and check out
the colonial sites of Curação.

Oceania Cruises' Oceania Riviera

This 1,250-passenger ship has an elegant atmosphere, with suites designed by Ralph Lauren and a restaurant helmed by Jacques Pepin himself. The wine bar has pairing dinners you won't want to miss.

One to book: Ten-day sailing round-trip from Miami, March 22; from \$2,799 per person.

3801-0

On-land highlights: Hit the beach in Tortola or take a horseback ride in Cayo Levantado in the Dominican Republic.

INSIGHT GUIDES | SHERRI EISENBERG



Celebrity



Choosing an itinerary

Caribbean cruise itineraries can be confusing. Here's some advice to help you sort through the options.

1. Check out a map

Cruise lines call the itineraries
"Eastern Caribbean," "Southern
Caribbean" and "Western Caribbean," but these routes change
from line to line and even from
sailing to sailing.

2. Go small

The smaller the island, the less likely you will see other ships lined up in the port or overcrowded sites.

3. Price out the flights

Some of the most interesting routes start in the Caribbean — from San Juan, St. Thomas or Barbados — but the plane tickets can be a lot more expensive than sailing out of Florida. In addition, sailings that start in one port and end in another can also mean more expensive plane tickets.



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Mush! Dogsledding in Vermont

Maybe it's a secret longing to run Alaska's Iditarod, but there is something inherently exciting about the idea of gliding through a snow-covered landscape on a sled pulled by a team of huskies.

Fortunately, you don't have to travel further than Vermont to experience the thrill of mushing. The basic adventure lasts an hour or two. Many outfitters allow you to take a turn running the team (with the guide sharing the controls). Other options include night rides, hands-on lessons, overnight trips and "stay-and-sled" packages.

Guests are encouraged to romp with the dogs who "recocco" with excitement and are deliriously happy when



they hit the trail.

Here's a rundown of Vermont's dogsledders:

Peace Pups

Lake Elmore www.peacepupsdogsledding.com, 802-888-7733

Located near Stowe and Montpelier, Peace Pups offers rides on hand-crafted toboggan sleds, tandem rides/drives, a half-day Mushing 101 course and night rides. You can also try your hand at skijoring — cross-country skiing while being pulled by a dog.

Montgomery Adventures

Montgomery www.montgomeryadventures.com, 802-370-2103

There are plenty of choices, including a 30-minute kids' ride in the kennel

grounds, moonlight rides (adults only) and one- or two-night sledding/camping excursions.

Eden Dog Sledding

Eden Mills www.edendog sledding.com, 802-635-9070

This is an interactive experience: bonding with the dogs, and learning to harness and drive the team. Stay-and-sled packages in on-site cabins are available.

October Siberians

Waterbury www.octobersiberians.com 802-482-3460

Take a two-hour trip through historical Little River State Park along the Waterbury Reservoir, with interactive tandem driving with a guide and plenty of photo opportunities.

Umiak Dog Sledding

Stowe www.umiak.com, 802-253-2317 Opt for a three-hour, hands-on immersive adventure or a 20-minute evening ride.

Husky Works

www.huskyworks.com, 802-896-3478 for day trips, 802-843-2400 for night rides

Husky Works has two locations in the Green Mountains: Stratton offers two-hour rides, while Grafton has a one-hour night ride.

INSIGHT GUIDES | FRAN SEVERN

Braeburn Siberians Dog Sledding

Windsor www.braeburnsiberians.com, 802-738-8337

Located in the Upper Valley of Vermont and New Hampshire, this spot offers 45-minute rides and two-hour excursions where passengers take turns driving the team with the guide, plus night rides.

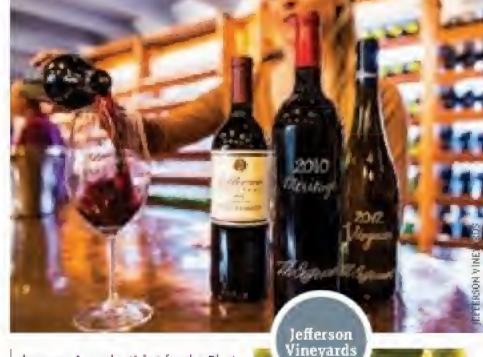


Sip and savor at the Virginia Wine Expo

During this weeklong festival in Richmond, over 50 of the state's wineries uncork their wines, ciders and other libations.

Virginia vintners and oenophiles hold their annual celebration of the grape Feb. 17–22. On Saturday and Sunday, the Walk-Around Grand Tasting features hundreds of wines, while in the run-up to the weekend, the schedule includes chefs' dinners, pairing demonstrations and culinary walking tours. Non-wine vendors sell specialty food, jewelry, home entertainment "must haves" and other wares.

While tickets are available at the door, many events sell out well in advance, so ordering online is highly recommended. There are reduced-price tickets for non-drinkers. Particularly popular is the Friday evening Burger Blast, which features wine pairings with artisan



burgers. A combo ticket for the Blast and Grand Tasting

Wine lovers gets you into both events at a discount.

festival for

chefs' dinners

walking tours.

and culinary

Online purchasing, hotel packages and surviving-the-event tips are at www. virginiawineexpo. com.

INSIGHT GUIDES | FRAN SEVERN



Sex up your dinner this Valentine's Day

Candlelit. An aphrodisiac expert tells us the best bites for putting you in the mood.

Kick off your night on the right note by infusing your Valentine's Day meal with natural aphrodisiacs.

"My suggestion is to keep things really simple," says Amy Reiley, author of "Romancing the Stove: The Unabridged Guide to Aphrodisiac Foods." "You want something you can clean up the next morning."

You also want to keep it light — heavy foods are going to make you feel sleepy, not sexy. And when it comes to cocktails, champagne is the preferred drink for putting you in the mood.

"It's been found that blanc

de blancs champagne replicates the scent of the female pheromone," says Reiley. "The interesting thing is that it arouses both sexes."

If you prefer red wine, experts say that earthy Burgundy wines are a good choice for revving up your engine. According to Reiley, scent is the most important component, which is why aromatic red wines are an optimal choice.

Mussels make for a perfect hors d'oeuvre, she says. Adding exotic flavors and a hint of heat will also dial up the sexy level.

"A coconut-based soup is another good one," she says. "Coconut is a great aphrodisiac."

For dinner, go with seafood. Try rolling your own sushi together, which can be a playful, flirty experience on its own. The best part? Fish like salmon and mackerel are thought to kick up the production of sex hormones. The other senses

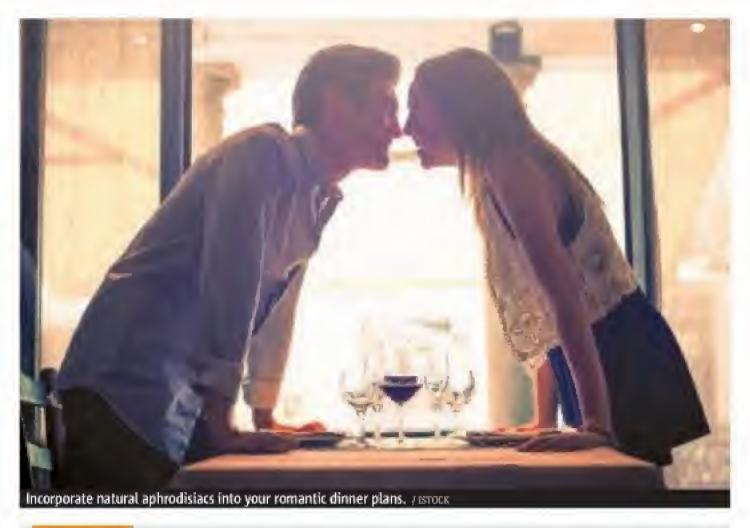
Lavender scents

Aphrodisiac cooking has just as much to do with scent as it does with taste. For men, lavender and pumpkin pie spice are arousing, while women are thought to be turned on by cucumber and licorice.

"The scent of glazed donuts is also arousing," adds Reiley.

"Sushi is loaded with aphrodisiac ingredients," says Reiley. "It's also a source of lean protein, so you're getting the energy you need, but you're still keeping the meal relatively light at the same time."

MARIANNE HAYES @MetroBos letters@metro.us



For dessert

Fondue

Chocolate is synonymous with V Day, but on its own, it's not much of an aphrodisiac.

"A British scientist did a study that found in order to get all of those aphrodisiac effects that we associate with chocolate — the average-sized woman would have to eat over 20 pounds of chocolate to actually get there," says Reiley.

But it is a stimulant, and

dark chocolate has antioxidant benefits.

Reiley suggests preparing a dark chocolate fondue, which allows you to choose aphrodisiac fruits for dipping. Strawberries and figs fit the bill.





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MUSEUMS



Love at the MFA

All month Museum of Fine Arts 465 Huntington Ave. \$25, 617-267-9300 www.mfa.org

The MFA is going all in this February for Valentine's Day. They've set up special tours in the museum to guide you to all the most romantic artwork, and there are talks and events all month. Take a selfie while you're there and share it online to get an extratwo-for-one admission. They're also having a special "Arts + Hearts" event this Friday. Check the site for details.

COMEDY

Thorns

Saturday, 10 p.m. ImprovBoston 40 Prospect St., Cambridge \$14-\$18, 617-576-1253 www.improvboston.com ImprovBoston presents their Valentine's Day show featuring standup, music, storytelling and improv, celebrating the silliness of romance and the hilarity of heartbreak. In an effort not just to make fun of love but to spread a little as well, your admission fee benefits the T.C. Cheever Family Trust and Mass, General's Tucker Gosnell Center for Gastrointestinal Cancers. MATTHEW DINARO

BE A MAD SCIENTIST WHILE YOU DRINK

Everything you need to know about Cafe ArtScience is right there in the name. The mingling of the two fields is evident as soon as you walk into the Kendall Square space, which is something like a mix between a loft art gallery and a chemistry lab. The brainchild of Harvard's David Edwards of Le Laboratoire Cambridge, part of a group of ArtScience Labs started in Paris, it brings architecture, design and culinary arts together in one package.

Most interesting for our purposes here is the art, and science, being done behind the bar. Todd Maul, previously of Clio, has carried over some of his better known techniques. using a centrifuge and a rotovap to extract and isolate flavors that play off each other in unexpected ways.

The Whaftiki, for example, takes Appletou 12-year rum. Cockspur rum, clarified lime run through a centrifuge to break down the molecules of the lime, burnt cinnamon, almond- and pineapple-flavored ice and a Cachaca garnish. The Whaf device turns alcohol into a sort of dense vapor, general manager Tom Mastricola explains. "You're getting three different drinks as you do it, different sensorial experiences. You're getting to inhale something, and you're tasting a really beautiful tiki drink." Plus, as the ice cubes melt, it changes the drink itself too. "There are three to four stages of a cocktail, which is pretty cool. Usually they're just one and done. This thing is a different drink halfway through.

That applies to many of the others as well, including Mary's Liquor Cabinet, done with Tanqueray gin, Cocchi Americano, Gran Classico, Wormwood and a Lillet paint used to coat the inside of the glass. Interesting infusions also come into play, like in a Negroni made with cocoa nibs, smoked and infused into Carpano Antica and mixed with Beefeater and Campari.

Others are more straightforward, made with a grill behind the bar, like one made with Ardbeg, scotch, an oloroso sherry and Swedish Punsch, then served in a glass coated with smoked Hungarian oak.

You could spend a lot of time trying to figure out what's going on in your cocktails here, or you could just relish the flavors. It's just as important for



metr_® Thursty Luke O'neil A LUKEONEIL47

the drinks to be enjoyed by the average customer, he stresses.

"First and foremost, we are a bar and a restaurant," Mastricola says. "Todd gets to play a little with the science side. but the science of it, we're not molecular gastronomy, we're not mixologists. We're bartenders and chefs."

If you go

Cafe ArtScience

650 Kendall St., Cambridge 857.999.2193 cafeartscience.com







On sale Friday



New Kids on the Block

June 25, TD Garden

Lady Antebellum

May 30, Xfinity Center

Imagine Dragons

July 1, TD Garden

Madeon

April 26, House of Blues

Lecrae

April 24, House of Blues

Hot Chip

June 4, House of Blues

Spoon

June 18, House of Blues

Tribal Seeds

April 4, Paradise

The Suicide Machines

April 6, Brighton Music Hall

Rich Robinson

June 3, Brighton Music Hall

Whoa, come with them now



Band of brothers.

KONGOS may have been singing their mega-hit song for seven years, but they aren't tired of watching its audience grow.

Hit singles don't usually happen for bands overnight. But they don't usually take more than five years of pushing either, which was the case for "Come With Me Now" by KONGOS.

"The song has been in existence since 2008," marvels Johnny Kongos, who sings

and plays keyboards and accordion alongside his three younger brothers in the band. "I do think bands like Mumford & Sons kind of broadened the expectation of what was allowed on American radio, so to speak. People were OK with hearing more [folk music and program directors opened their minds a little bit, broadening the palette of instruments that were acceptable on the radio. It helped pave the way for [including] an accordion [more] on the

radio."

KONGOS originally recorded the song way back in 2010, and the album it appears on, "Lunatic," took off for them in their native country of South Africa towards the end of 2011, but it took several

hearty tries before it caught on here.

"There were six or seven top 40 singles, with this massive thing happening for us in South Africa," says Kongos. "Then we came back to the States and we tried to reattempt the plan for about a year or so, but nothing happened. We just couldn't get any traction anywhere, so during that time it was definitely frustrating because we had seen it work, and as different as South Africa is from America, the charts and the music scene are reasonably similar in a lot of ways. So it had proven itself. We knew people liked it, we just had trouble getting it heard."

During that time, the band toured and wrote plenty of new material, but they weren't ready to give up on an album that they believed in.

Eventually a few American DJs started playing "Come With Me Now," and Epic signed KONGOS in the States and re-released "Lunatic." Now the band finds themselves starting to see the cycle of success they saw in South Africa repeat itself in America.

"Even though I'm bored of hearing 'Come With Me Now' — because we've been living with that song for so long — when we play it live, it's really not about that as much as it's about the energy of the crowd. That keeps it fresh every night," says Kongos.

All in the family

Sibling similarities

We asked Kongos to weigh in on some of the best known brothers and sisters in music.

Bee Gees: I'm not the hugest fan of them, musically, but they're also one of those bands that I listen to and I just keep adding up the amount of hits and the gigantic success that they were, and it's mind-boggling.

Kings of Leon: We got to tour with them, and we're still nostalgic about that tour. Sometimes we'll just throw on some Kings of Leon and Young the Giant on the bus and dream about that. It was such an awesome tour. They know what it's like to be a band of brothers.

Jackson 5: I prefer a lot of Jackson 5 stuff to the later Michael Jackson stuff. The grooves, you just can't understand how good they were for how young they were.

Haim: I caught them live at SXSW a couple years ago, opening up for Vampire Weekend, and they put on a really great show.

Hanson: We always used to say, "We're like Hanson, but with more balls, literally."

PAT HEALY @MetroBOS letters@metro.us

Also on stage

George Clinton and Parliament-Funkadelic

Saturday, 7 p.m. House of Blues 15 Lansdowne St. \$30-\$40, 800-745-3000 www.livenation.com

www.livenation.com
So you don't want love this
Valentine's, you just want funk?
You're in luck, because the
Mothership is about to land in
Boston. George Clinton may
not have invented funk with
Partiament-Funkadelic, but
he's the genre's most colorful
spokesman and one of its best
bandleaders. So get a date later
and get down this weekend.



/ WIRSTMAGE

Also on stage

Brooke Fraser

Saturday, 8 p.m. The Sinclair 52 Church St., Cambridge \$18-\$20, 800-745-3000 www.ticketmaster.com

New Zealand singersongwriter Brooke Fraser's
multifaceted pop sound is
comparable at different times
to such stateside artists as
Sara Bareilles, Leslie Feist and
even Norah Jones. Her 2011
album "Flags," with its hit
"Something in the Water,"
made a big splash in Oceania
and Europe, but she's not as
well-known in North America. Our prediction: That will
change. MATTHEW DINARO





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Horoscope

Aquarius | Jan. 21-Feb. 18

You will have a hard time agreeing with others. Listen carefully and see if you can reach an amicable compromise rather than try to get everyone to do things your way.

Pisces | Feb. 19-March 20

Your reputation will be guestioned if you fail to honor a promise. Keep your word and be consistent. Trying to do too many things at once will be your downfall.

T Aries | March 21-April 20 Too much idle time will work

against you. Concentrate on your strengths, and work diligently to reach your goal. No one will interfere with your plans if you are secretive.

Taurus | April 21-May 21

Don't bring work home with you. Clear your mind and make your residence a place of peace and comfort. Spending enjoyable quality time with your family will be the best stress reliever.

II Gemini | May 22-June 20

You'll have time to play after you take care of your responsibilities. Whether you are at work or school, you should play by the rules and respect your superiors.

Gancer | June 21-July 22 Share your thoughts and plans for the future. Do whatever it takes to help you reach your goal. Putting in additional hours

will leave a good impression.

R Leo | July 23-Aug. 22

Leave yourself time to pursue a hobby or attend an event. Getting involved in a risky venture is best avoided. Emotional conflict will result in hurt feelings and alienation.

W Virgo | Aug. 23-Sept. 22

Hold off making a decision until you feel less emotional. You are not obligated to act on the spur of the moment. If someone pressures you, walk away.

△ Libra | Sept. 23-Oct. 22

Don't allow anyone to take you for granted. You need to take your responsibilities seriously if you want to be known as a trustworthy, dedicated contributor.

M Scorpio Oct. 23-Nov. 21

A partnership is apparent. You have plenty to offer, and your qualifications will quarantee that you reach your destination. Stick to your game plan, and don't let anyone lead you astray.

Sagittarius | Nov. 22-Dec. 21 It's time to deal with unfinished business. A troubling personal situation will disappear once you agree to compromise. Resist the urge to dominate, meddle or offer unsolicited advice.

Capricorn | Dec. 22-Jan. 20

Don't lend or borrow. Responsibly deal with any debt you've incurred. Walk away from anyone who is trying to quilt you into contributing to a risky venture. **EUGENIA LAST**

Letters to the editor

Report murders equally

Did you hear about the three American Muslims killed in their home in Chapel Hill, North Carolina? The initial reports from the police state that the alleged killer is an atheist and posted on his Facebook page that he disliked religion. The news didn't really hit the mainstream media — in fact, I read about it in a U.K. media outlet. Now imagine a Muslim killing three Americans. It would have been on every media outlet and playing on Fox news continuously. Are we not fair with our perceptions on Muslims? MADEEL ABDULLAH, MD, VIA EMAIL

Rare is such a kitchen

Re: 'Breakfast recipes your kids won't suspect are healthy' (Metro, Feb. 10) Dana Angelo White must have two kitchens. She wants parents to toast a waffle while making a pear and honey sauce in a microwave oven. In my New York City apartment, using the toaster and microwave at the same

time will blow a fuse. STUART TAUBEL, VIA EMAIL

Bad promises

"No matter how long it takes, the U.S. will find and bring to justice the terrorists who are responsible for Kayla Mueller's captivity and death," is eerily reminiscent of Barack Obama's promise that "we will bring to justice who took them from us" after Benghazi. Sometimes it is better to keep your mouth shut instead of issuing yet another worthless promise. JOE ALLOY

Thanks for the memories, MBTA

I would just like to thank the MBTA for providing me with the impetus I need to move out of Boston. No wonder there's such a brain drain in our "worldclass" city.

JEFF SOMMA, VIA EMAIL

letters@metro.us



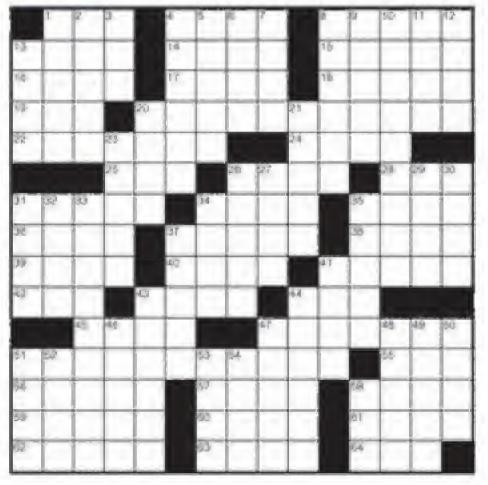
Sudoku: Easy and hard

1	7		6			2		
2	9		5			3		
				2			9	
4		1	-	5				2
	6						1	
3				6		7		4
	4			9				
		2			5		4	8
		5			2		6	7

8		5	9				1	
7			,			9		3
		6	3		5			
5			2	3	8		9	
				7				
	6		5	9	1			7
			8		3	2		
3		2						1
	5				4	8		9

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1.9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

- 1 Pricey car logo
- 8 Bank feature
- 15 Extreme boredom

- 22 Thaw
- 24 Command to Fido

- 31 Kachina makers
- 34 Former Chevy
- 36 Frank
- 38 Flying prefix
- 41 Bygone

- 4 Grammy winner James
- 13 Empathize
- 14 Claw badly
- 16 Wheel tracks
- 17 Chestnut hulls
- 18 Edge past
- 19 Here, to Henri
- 20 Gourmet
- 25 Washboard -
- 26 Stem-to-stern structure
- 28 Tooth-puller's org.
- 35 Clancy hero Jack —
- 37 Enjoy the taste
- 39 Lean and sinewy 40 Cow-headed goddess
- Down
- 1 Wayne (Batman)
- 2 Theme

42 Brown of big

43 Two fives for

44 Atlas page

51 Opponents

58 Perched

60 Table salt

59 Retail centers

61 Oxford tutors

64 U.K. country

62 Nature's coolant

63 Post-kindergarten

45 Bronte governess

47 Royalty receivers

55 Bearskin, maybe

56 Castle that danced

57 Beauty-salon items

bands

- 3 Yr. parts
- 4 Decorate, as leather
- 7 Plus

- 10 On time
- 11 "-'s Back In Town"
- 13 Football field
- 21 "Do — a Waltz?"
- 23 Wet
- 26 Bacon of "JFK"
- 27 They're often inflated
- 30 Erelong
- 34 Bud holder
- 35 Mr. Kramden
- 43 Police action

- 5 Jeer 6 Bend in the road
- 8 Tugboat, e.g.
- 9 Biscotto flavor
- 12 Stadium level
- 20 Corn holders

- 29 Be bold enough
- 31 Wolf's plaint
- 32 Mayberry kid 33 Hang tough

- 37 Some are historic 41 Feel one's -



Yesterday's answer

- 44 Granola kin
- 46 Busybody 47 H, spelled out
- 48 Acrylic fiber
- 49 Having regrets 50 Certain NCOs
- 51 Intentions
- 52 Take a card
- 53 Prince Charles' sister
- 54 Bona fide 58 "Block" or "lime" ender

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GAIN A FANTASY EDGE DURING ALL-STAR BREAK

This year's NBA All-Star break is an exorbitant eight days. Most fantasy owners will use this time off to kick their feet up, take their spouse to see Fifty Shades of Grey and rehab paper cuts incurred during research. Don't be that guy. There are a lot of edges to be gained during this time off. Three homework assignments:

Deadline prep

An easy add is Danilo Gallinari, as the Nuggets are expected to move Wilson Chandler and/or Arron Afflalo. Reggie Jackson is also worth stashing as the Thunder have decided to roll with Dion Waiters as their sixth man. Mason Plumlee is another guy I'd try to get on my roster with Brook Lopez and Kevin Garnett both heavily involved in rumors.

Head-to-head toss

For owners in head-to-head leagues, playoff time is rapidly approaching. That means all our focus should be on five categories, and five categories only. Being merely mediocreacross all nine categories is a surefire way to get sent home early, left scratching your head about how such a solid team got bounced. So the first step is to identify the five categories your team is best in and then make moves to bolster them. This All-Star break is a great time to swing trades.



ADAM LEVITAN ALEVITAN@METRO.US

Reflect and adjust

On the surface, it appears guys such as Greg Monroe and Michael Carter-Williams are great fantasy players. They're not. Don't fall in love with two-or three-category assets or guys who bury you in percentages and turnovers. Do go after sneaky good fantasy players like Jeff Teague and Danny Green.

Pickups of the week

SPORTS

Top NBA adds:

- James Johnson, SF, Raptors: A volatile season for Johnson is on the upswing again as he appears set in the starting five.
- Mitch McGary, PF, Thunder: Even when Steven Adams gets back, McGary has shown his energy is difference-making.
- Spencer Hawes, PF, Clippers: The injury to Blake Griffin opens up a ton of minutes for Hawes when the Clips are forced to go big.

NFL news

A look at what's new in Atlanta:

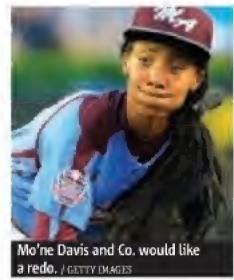
· New Falcons offensive coordinator Kyle Shanahan is a talent maximizer - and he has plenty of talent to work with in Atlanta. The Shanahan scheme is especially friendly to "X" wide receivers, which should be music to the ears of contract-year stud Julio Jones. Jones has a great chance to eclipse the dominant seasons of previous Shanny X's like Andre Johnson (2006-09) and Pierre Garcon (2013). This scheme also runs the ball at elite effectiveness, which provides Devonta Freeman with a big opportunity.

Little League. Chicago team stripped of its title

Chicago's championship Little League team, Jackie Robinson West, had its title stripped from them Wednesday for violating a rule that does not allow players who live outside of the geographic area that the team represents to play.

Little League Baseball found that Jackie Robinson West used a "falsified boundary map" and awarded the 2014 title to Mountain Ridge Little League of Las Vegas.

METRO



MLB

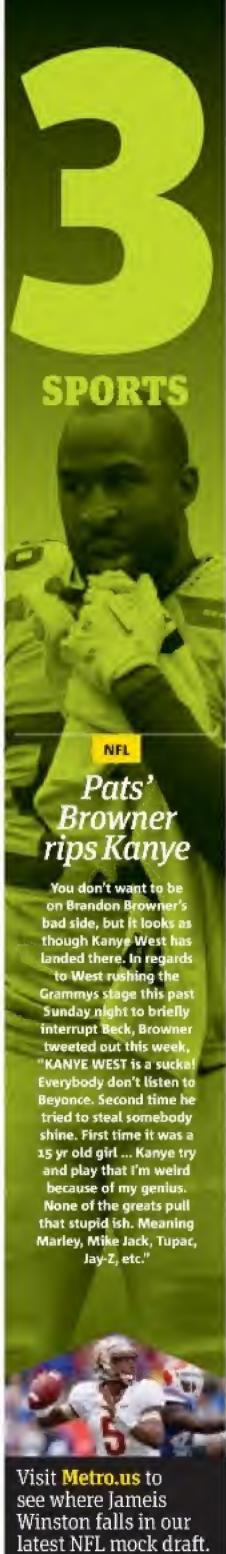
Sox truck heads South for spring

The Red Sox' equipment truck leaves for warmer climes Thursday at noon, with the heavy lifting beginning at 7 a.m. at Fenway Park. "Truck Day" is the first sign of spring for Boston sports fans, with Sox pitchers and catchers scheduled to report to Fort Myers, Florida, on Feb. 20. Position players will hold their first workouts on Feb. 25, and the Sox open their exhibition season on March 3. METRO

MLB. Phillies would like to strike deal with Sox

The Philadelphia Phillies want to do business with the Red Sox when it comes to lefty hurler Cole Hamels. Philly's "preference" is to nab either Mookie Betts or Blake Swihart, according to FOX Sports' Ken Rosenthal. WEELcom's Rob Bradford wrote Wednesday that trading away Betts or Swihart is not the Red Sox' "preference," however, a source told WEELcom that the Phillies have been "unrealistic in their expectations." METRO





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